



Weekly Newsletter

February 7, 2005

February is National Heart Month

In recognition of the important ongoing fight against heart disease, the Congress, by Joint Resolution, requested that the President George W. Bush issue an annual proclamation designating the month of February as **American Heart Month**.
<http://www.whitehouse.gov/news/releases/2005/02/20050201-15.html>

Mrs. Bush serves as the ambassador for the **Heart Truth** campaign. <http://www.whitehouse.gov/firstlady/>
Check out the links below if you would like to use science to celebrate the heart with your students.

Read a Good Book

The Divide by Elizabeth Kay is a story about Felix, a 13-year-old boy who has a serious heart defect. While on vacation with his parents in Costa Rica he stands astride the Continental Divide and is transported into a world in which mythological creatures are real and humans are believed to be myths. There he meets Betony, an elf who tries to help Felix find a magical cure for his heart while eluding the evil potion-selling pixie, Snakeweed.

Heart Helpers

Jump Rope for Heart and **Hoops for Heart** are two campaigns sponsored by the American Heart Association to promote the value of physical activity to school children while showing them they can contribute to their community's welfare. By jumping rope or shooting hoops and securing sponsors, students raise money for the fight against heart disease and stroke, all while learning about the seriousness of heart disease and stroke, the lifelong benefits of physical activity and the importance of living a heart-healthy lifestyle. If your school is interested:

<http://www.americanheart.org/presenter.jhtml?identifier=2360> (jump)
<http://www.americanheart.org/presenter.jhtml?identifier=2441> (hoops)



Hearty Links

Heart related lesson plans:

<http://www.proteacher.com/110074.shtml>
<http://www.cln.org/themes/circulatory.html>

On-line exhibit of the heart:

<http://sln.fi.edu/biosci/heart.html>

How to make candy blood:

<http://sciconn.mcb.arizona.edu/blood/blood.html>
<http://www.thirteen.org/edonline/lessons/redgold/b.html>
http://media.nasaexplores.com/lessons/04-211/k-4_2.pdf

Kinesthetic activities:

<http://teachers.net/lessons/posts/278.html>
http://www.powertolearn.com/teachers/lesson_activities/science/CBV.43.E.SCI.R3.F.pdf

Heart Transplant activity: <http://www.pbs.org/wgbh/nova/eheart/>

All about blood: <http://www.pbs.org/wnet/redgold/>

